




Earn Rewards for Healthy Behaviors


At Network Health we believe that good health is its own reward, but a little extra incentive can be nice, too. WellnessWays is designed to reward you for healthy lifestyle choices and behaviors throughout the year. If you already complete such activities, your reward is a nice bonus. If you need some encouragement, earning rewards is good motivation.

Learn more about the rewards program by logging into your member portal at login.networkhealth.com.

How does it work?

Employees and their enrolled spouses complete activities in five health categories to earn a prepaid gift card. Complete five activities in a category during the calendar year to receive the \$50 reward. Activity completion will show in your WellnessWays portal.

Description of Activity	Requirement to Earn	Times per Year
Prevention		
<p>Annual Personal Doctor Wellness Visit</p> <p>An annual wellness visit, sometimes referred to as an annual physical, is an important way to maintain and improve your health and it's included in your Network Health benefits.</p> <p>During this visit, your doctor will check your height, weight, blood pressure and ask you if you use any tobacco products. Your doctor will also order a blood draw, often before the annual well visit. Bring your wellness visit form along for your doctor to fill out during your visit.</p>	<p>To complete the annual wellness visit activity, please submit the annual wellness visit form or an Explanation of Benefits providing proof of an annual wellness visit.</p> <p>Email: wellnessways@networkhealth.com</p> <p>Fax: (920) 720-1750</p>	One
<p>Annual Eye Exam</p> <p>Routine eye exams are important, regardless of your age or your physical health. In addition to evaluating your eyes for glasses and contacts, your eye doctor will check your eyes for eye diseases and other problems that could lead to vision loss.</p>	<p>ATTESTATION: To earn the annual eye exam activity, please complete the attestation on your wellness portal by simply adding the date of service.</p>	One
<p>Dental Exam</p> <p>It's important to see your dentist every six months to receive a routine exam and cleaning. By seeing your dentist on a regular basis and following daily good oral hygiene practices at home, you are more likely to keep your teeth and gums healthy.</p>	<p>ATTESTATION: To earn the annual dental exam activity, please complete the attestation on your wellness portal by simply adding the date of service.</p>	Two
<p>Personal Doctor Designation</p> <p>Your personal doctor coordinates all of your care, knows your health history and health goals. Your personal doctor helps answer questions or refers you to specialists if needed. They also recommend appropriate screenings based on gender, age and medical conditions. When selecting a personal doctor, it is important to verify they are an in-network provider to ensure coverage under your plan.</p>	<p>ATTESTATION: To earn the personal doctor designation activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	One
<p>Preventive Screenings</p> <p><i>(mammogram, colorectal cancer screening, cervical cancer screening, etc.)</i></p> <p>Preventive screenings are tests that look for certain diseases, such as cancer, before any symptoms are present. It is important to stay up to date on your preventive screenings to ensure the highest quality of life. Individual risk levels may impact the age in which preventive screenings are recommended. Contact your personal doctor if you have questions about when certain preventive screenings are appropriate for you.</p>	<p>ATTESTATION: To earn the preventive screenings activity, please complete the attestation on your wellness portal by selecting a screening in the dropdown list.</p> 	Two

Description of Activity	Requirement to Earn	Times per Year
<p>Annual Flu Shot</p> <p>The flu shot is important in lowering your risk of getting the flu. Prevention helps stop the spread and protects your family.</p>	<p>ATTESTATION: To earn the annual flu shot activity, please complete the attestation on your wellness portal by simply adding the date of service.</p>	<p>One</p>
<p>Additional Vaccines (TDAP, HPV, Shingles, COVID-19, travel vaccines, etc.)</p> <p>Additional vaccines can help lower your risk of certain diseases. Vaccinations are offered on different schedules. Talk to your personal doctor to learn more about vaccinations what is right for you.</p>	<p>ATTESTATION: To earn the additional vaccines activity, please complete the attestation on your wellness portal by selecting the vaccine in the dropdown list.</p>	<p>Two</p>
<p>Well-being</p>		
<p>Online Health Assessment</p> <p>The health assessment (HA) is an online health questionnaire scientifically developed to give you a better understanding of your health risks you can improve upon.</p> <p>It's a good idea to take the HA early in the plan year to see where your strengths and weaknesses lie. Consider updating your HA near the end of the plan year to see what improvements you've made.</p>	<p>Complete the online health risk assessment on the WellnessWays portal.</p> 	<p>One</p>
<p>Body Mass Index (BMI) (Less than 25)</p> <p>BMI is a method used to determine whether or not an adult is within a normal weight range. BMI is calculated using your height and weight. A BMI of 18.5 to 24.9 is considered to be a healthy weight, a BMI of 25-29.9 is considered to be overweight, a BMI over 30 is considered obese.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range. Email: wellnessways@networkhealth.com Fax: (920) 720-1750 If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>Blood Pressure (Less than or equal to 130/90)</p> <p>Your heart and blood vessels stay healthier when your blood pressure is below 120/80 mmHg. High blood pressure, also known as hypertension, can cause serious harm to our heart when uncontrolled.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750 If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>Total Cholesterol (Less Than or Equal to 200 mg/dL)</p> <p>A high total cholesterol level can increase your risk of cardiovascular disease. A total cholesterol level of less than 200 mg/dL is normal.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750 If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>HDL (Greater than 40 or equal to HDL)</p> <p>With HDL, or good cholesterol, the higher the number, the better it is for your health. This is because HDL cholesterol protects against heart disease by removing the bad cholesterol from your blood and keeping it from building up in your arteries.</p> <p>Low HDL cholesterol increases your risk of heart disease and stroke.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750 If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>LDL (Less than or equal to 100 LDL)</p> <p>High LDL cholesterol increases your risk of heart disease and stroke.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750 If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>Fasting Blood Sugar (Glucose) (Less than 100 or A1C less than 7 percent)</p> <p>It's important to have your blood glucose levels checked to make sure they are within a normal range. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves and blood vessels.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750 If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>

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<p>Triglycerides (Less than or equal to 175)</p> <p>High triglycerides can contribute to hardening of arteries or thickening of the artery walls which increases your chances of a stroke, heart attack or heart disease. High triglycerides can be a sign of additional conditions that can contribute to the risk of heart disease and stroke including obesity and metabolic syndrome.</p>	<p>To complete the results requirement please submit an annual wellness visit form including your biometric results. To complete the activity, you have to fall in the healthy range.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750</p> <p>If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>Tobacco Use</p> <p>Being tobacco-free is important for your health. Those who use tobacco are at risk for many health conditions including heart disease, stroke and cancer.</p>	<p>To complete the results requirement in the wellbeing section, please submit an annual wellness visit form including your biometric results. To complete the activity, you have to be tobacco-free.* Email: wellnessways@networkhealth.com Fax: (920) 720-1750</p> <p>If you are unable to meet this activity, reach out to wellnessways@networkhealth.com for an alternative activity.</p>	<p>One</p>
<p>Behavior Change</p>		
<p>Weight Management Program (Weight Watchers®, Noom, etc.)</p> <p>Participate in a structured community weight management program spanning multiple weeks. Weight management program examples include working with a dietitian, a health care provider or Weight Watchers.</p>	<p>ATTESTATION: To earn the weight management program activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p> 	<p>One</p>
<p>Lifestyle Management Program (Healthy Living with Diabetes, Self Management Apps, etc.)</p> <p>Participate in an organized program or structured wellness challenge spanning multiple weeks focused on improving your wellbeing.</p>	<p>ATTESTATION: To earn the Lifestyle Management Program, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Two</p>
<p>Network Health Coaching Session</p> <p>If you have health risks, health coaching can help you set goals for better health and help you take steps toward achieving them. If your health assessment results indicate that you are at risk for health conditions, you will automatically have access to a free telephonic health coaching program.</p>	<p>If you participate in health coaching through Network Health, participation will be awarded after the third health coaching session. You are not required to submit anything for activity completion. To enroll in health coaching, email healthcoaching@networkhealth.com.</p>	<p>Three</p>
<p>Consultation with a Network Health Nurse or Pharmacist</p> <p>At Network Health, you have access to Network Health's local nurses, pharmacists and care managers who provide support to help members manage their health conditions and prescriptions.</p>	<p>ATTESTATION: To earn the Consultation with a Network Health Nurse or Pharmacist activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Two</p>
<p>Tobacco Cessation Program (Chantix, Prescription, Gum, Patch, etc.)</p> <p>Quitting smoking is beneficial at any age. Earn credit for tobacco cessation by completing a tobacco cessation program or nicotine replacement therapy.</p>	<p>ATTESTATION: To earn the tobacco cessation activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>One</p>
<p>Daily Habit Challenge (WebMD Sponsored)</p> <p>Daily habit challenges help you set and track goals to improve your wellbeing. Blending the best of behavior change science, this new tool divides health goals into small, manageable steps to help individuals form lifelong healthy habits—from eating better, to coping with asthma, to keeping stress in check and much more.</p>	<p>If you complete a daily habit challenge through the WellnessWays portal, your completion will be awarded. You are not required to submit anything for activity completion.</p> 	<p>Three</p>
<p>Recorded Webinars</p> <p>Network Health and WebMD provide webinars throughout the year that discuss current wellness topics or trends. Each webinar brings an opportunity to learn more and improve your lifestyle choices.</p>	<p>If you watch a bi-monthly webinar and take the associated quiz provided through the WellnessWays portal, your completion will be awarded within 10 business days. You are not required to submit anything for activity completion.</p>	<p>Five</p>
<p>Lifestyle</p>		
<p>Wellness Challenge (Network Health, WebMD or Employer Sponsored)</p> <p>Wellness challenges are created to help instill health lifestyle changes with a competitive twist. Participate in a Network Health, WebMD or employer sponsored challenge to earn credit for the wellness challenge activity.</p>	<p>If you participate in a wellness challenge through Network Health or your employer, participation will be awarded within 10 business days after the challenge has ended. You are not required to submit anything for activity completion. If you participate in a wellness challenge through your employer, Network Health will work with your company contact for participation.</p>	<p>Five</p>

Description of Activity	Requirement to Earn	Times per Year
<p>Ergonomic Assessment or Education Proper ergonomics is key to prevent musculoskeletal disorders in the workplace and at home. Earn credit for participating in an ergonomic assessment at your work or a workshop in your community.</p>	<p>ATTESTATION: To earn the ergonomic assessment activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>One</p>
<p>Physical Activity <i>(Choose one of four different ways to earn a lifestyle credit each month for staying physically active.)</i></p> <p>Gym use – Network Health does not reimburse for purchased gym memberships.</p> <p>Fitness log – Track your monthly exercise minutes within the WellnessWays portal</p> <p>Fitness tracking device – Sync your fitness tracker to the WellnessWays portal.</p>	<p>Gym use – If you exercise at a gym eight times a month or more, request a gym use report from your gym. Submit the gym use report to wellnessways@networkhealth.com. Your portal will be awarded within 10 business days following the last day of the month.</p> <p>Fitness log – Complete the fitness log on the wellness portal, with 480 minutes or more tracked in a month.</p> <p>Fitness tracking device – Sync a fitness device to the WellnessWays portal and reach 200,000 steps in a month.</p>	<p>Five</p>
<p>Wellbeats Wellbeats is a virtual fitness platform that is available for WellnessWays participants</p>	<p>If you complete eight or more classes in a month, your wellness portal will be awarded within 10 business days following the last day of the month.</p>	<p>Five</p>
<p>Safety Commitments <i>(Sun, Seat Belt, Texting and Driving, Wearing a Helmet, etc.)</i></p> <p>Watch a safety video and pledge to wear your seatbelt 100 percent of the time, wear a helmet 100 percent of the time, not to binge drink or drink and drive, and not to text and drive to earn credit for safety commitments.</p>	<p>ATTESTATION: To earn the safety commitments activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>One</p>
<p>Virtual (Live) Wellness Presentations or Healthy Cooking Demos Education presentations provide additional information to improve your overall health and wellness journey. Wellness education presentations and cooking demonstrations are hosted by Network Health.</p>	<p>If you participate in a wellness education presentation or healthy cooking demonstration through Network Health or your employer, participation will be awarded within 10 business days of completion. You are not required to submit anything for activity completion.</p>	<p>Five</p>
<p>Onsite Lunch and Learns Lunch and Learns provide additional information to improve your overall health and wellness journey. A wellness coordinator will work with your company contact to come onsite to present a lunch and learn.</p>	<p>If you participate in a lunch and learn through Network Health, participation will be awarded within 10 business days of completion. You are not required to submit anything for activity completion.</p>	<p>Three</p>
<p>Community Involvement</p>		
<p>First Aid/CPR/AED Certification Earn credit and possibly save a life by completing a first aid/CPR/AED certification through your community or local organization. Network Health does not reimburse for costs associated with earning a first aid/CPR/AED certification.</p>	<p>ATTESTATION: To earn the first aid/CPR/AED certification activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>One</p>
<p>Blood Donation A blood donation is a safe procedure that takes one hour from start to finish. During the procedure, one unit of whole blood will be drawn from your arm. In one hour of time you could save up to three lives. Earn credit for up to two blood donations per year.</p>	<p>ATTESTATION: To earn the blood donation activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Two</p>
<p>Plasma Donation Plasma donation is an important process that aides in life-saving therapeutic procedures. Plasma can be obtained from health adults and plasma donors help save lives.</p>	<p>ATTESTATION: To earn the plasma donation activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Two</p>
<p>Community Fitness Event <i>(Walk, Run, Roll Event)</i></p> <p>Earn credit for participating in a community fitness event such as a 5k walk, roll or run, community fitness class like Zumba, or triathlon.</p>	<p>ATTESTATION: To earn the community fitness event activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Three</p>
<p>Support Local Business or Charity Just like volunteering, supporting local businesses and charities can help improve your overall health. Earn credit for supporting local businesses through a purchase or donate to a local charity. Examples include donating to Goodwill, purchasing products at a small business, purchase raffle tickets at a charity event, etc.</p>	<p>ATTESTATION: To earn the support local business or charity activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Two</p>
<p>Annual State Park Pass There is no better way to explore our state of Wisconsin, get fresh air and sneak in physical activity than visiting one of our state parks. With over 156,000 acres of land for you to visit your park pass will be highly used throughout the year.</p>	<p>ATTESTATION: To earn the annual state park pass activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>One</p>

Description of Activity	Requirement to Earn	Times per Year
<p>Volunteer (At Least Two Hour Commitment per Time)</p> <p>Volunteering can help make an immeasurable impact on the lives of others. Volunteering can also impact your overall health. Research has found volunteering can reduce the risk of depression, reduce stress levels, may help you live longer and help build and develop new relationships.</p>	<p>ATTESTATION: To earn the volunteer activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Three</p>
<p>Sports League (Volleyball, Softball, Tennis, Racquetball, Pickle Ball, Dance Lessons, Run Club, Ultimate Frisbee, Golf, Ski, etc.)</p> <p>Participate in at least four 30-minute sessions to qualify for this activity. Sports leagues are a great way to sneak in physical activity through the week. In addition, sports leagues can be an amazing way to boost your mood and increase energy, leading to an overall improved and happier lifestyle.</p>	<p>ATTESTATION: To earn the sports league activity, please complete the attestation on your wellness portal by simply adding the date of completion.</p>	<p>Two</p>

* Please allow 10 business days for processing of annual wellness visit forms and biometric screening results. Results and activity completion will show in your WellnessWays portal.

If you are unable to complete an activity or your biometric screening results are not within healthy range and you would like to request a reasonable alternative, please reach out to wellnessways@networkhealth.com.

Network Health sponsored on-site biometric screening clinic results can be viewed in the WellnessWays portal, activity completion will show if results fall into the healthy range.

